

Homemade Pizza304

Number of Servings: 304 (293.42 g per serving)

Amount	Measure	Ingredient
4 1/2	gal	Flour, bread, wheat, unbleached, enrich
9 1/2	qt	Flour, whole wheat, whole grain
3 1/4	Tbs	Salt, table, iodized
2 1/4	cup	Honey, strained/extracted
2 1/4	cup	Yeast, baker's, dry active
3.00	gal	Water, tap, municipal
304.00	svg	Cooking Spray, butter flvr, 1/3 sec spray
4 1/2	cup	Cornmeal, yellow, whole grain
4.00	gal	Sauce, spaghetti, traditional, cnd
4 1/2	gal	Cheese, mozzarella, low moist, part skim, shredded
42.41	lb	Beef, ground, hamburger, pan browned, 10% fat
4 1/2	gal	Onion, white, fresh, chpd
4 1/2	gal	Peppers, bell, green, sweet, fresh, chpd
9 1/2	qt	Mushrooms, brown, fresh

Nutrients per serving

Nutrition Facts			
Serving Size (293g)			
Servings Per Container			
Amount Per Serving			
Calories 390		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	5g		25%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	510mg		21%
Total Carbohydrate	47g		16%
Dietary Fiber	5g		20%
Sugars	9g		
Protein 28g			
Vitamin A 10%		Vitamin C 60%	
Calcium 25%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

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Instructions

Those of you that have made bread before know the amount of flour to water is until it "feels" right. This is made in a breadmaker so if you are making it in a bowl and on a bread board you will need to flour the board and dough when you start kneading it

Mix flours, salt, honey, yeast and water together/knead into a soft dough. Let rise in warm place 1 1/2 hours.
Spray 12"-18" pan (for each 8 servings) well with nonstick spray. Sprinkle cornmeal on pan over nonstick spray.
Preheat oven to 400 degrees.

Food Handling :

- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Brown ground beef just prior to needing it for pizza. Dice vegetables, mushrooms must be fresh or UNSALTED canned & drained. Vegetables can be changed to meet likes of participants. ie, if some do not like green pepper, green pepper can be left off part of the pizza and more mushrooms added.

Pour raised dough onto sprayed pan(s). Use sprayed gloves to spread dough to sides of pan(s). Spread spaghetti sauce evenly onto pizza crust dough. Sprinkle with browned granules of ground beef and diced vegetables and then sprinkle with shredded cheese.

Bake at 400 degrees approximately 20 minutes. Make sure at least 1/2 the time the pan(s) are on the bottom rack so the crust browns nicely on the bottom of the pizza.

Cut each 13X18" pan into 8 servings. Each serving = 3 CS

Each serving = 2 grain, 1 vegetable and 2+ oz meat/protein